Self-Care Checklist

Self-care is an important part of maintaining a healthy lifestyle, reducing stress and managing emotional eating. Use this chart to monitor your daily self-care goals in order to help you stay on track! Use the blank spaces at the bottom of the page to write in any additional personal care goals that you'd like to work on. For example: connect with family or recite a positive self-affirmation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks (if needed)							
Drink Water							
Take Meds/ Supplements							
Activity							
Hours of Sleep							
Do something for myself							